

# NUTRITION

On Your  
Own

Self-Paced Lesson

SP-000-29 09/2007



## *A Trip to Bugland*

The Adventures of Zobey (DV0235)

Take Home Class (requires a DVD player)

## **Welcome to the Zobey Trip to Bugland Take Home Class.**

This class focuses on increasing your family's intake of fruits and vegetables. It goes with the Zobey DVD that you received from the WIC office.

To get credit for completing this class:

1. Show the Zobey DVD to your child. Watch the video and participate along with your child.
2. Read the attached information.
3. Fill out the attached survey before your next WIC appointment.
4. Return the survey to the WIC office at your next WIC appointment.



Give your child nature's best — at least 5 juicy, crunchy, crispy, tasty fruits and vegetables everyday.

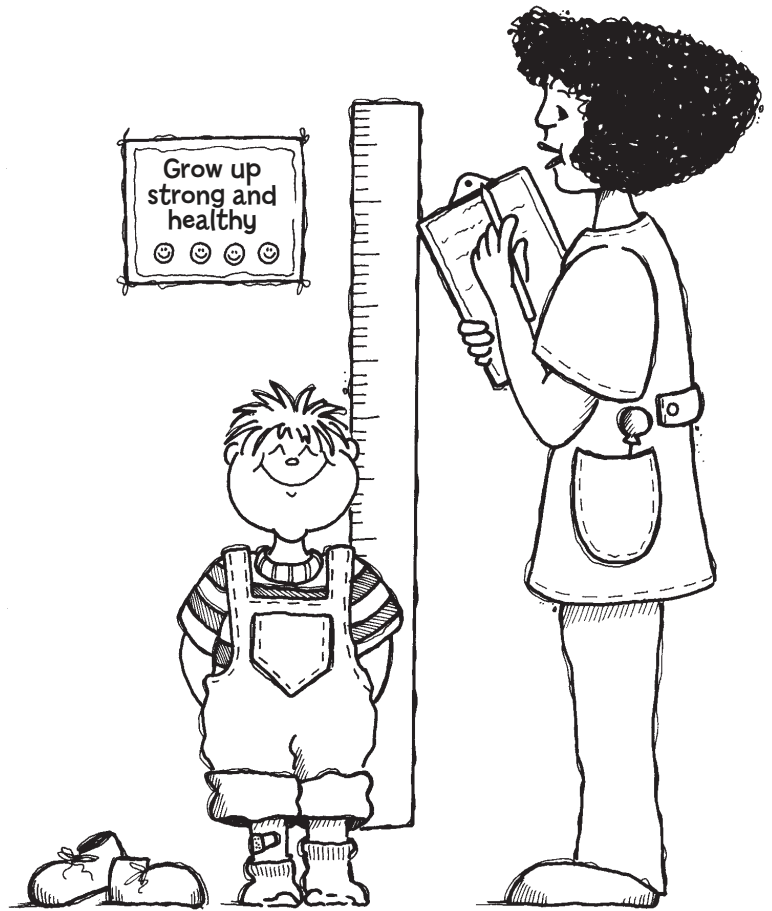
Serving your child fruits and veggies is an important part of helping him grow up strong and healthy. Make sure you eat plenty of fruits and vegetables too. It's good for your health and it helps you set a good example for your child.

# Set a Good Example--Eat Fruits and Veggies Everyday!

Fruits and vegetables help keep both you and your child healthy. They help you and your child

- fight off the common cold and other illnesses.
- achieve and maintain a healthy weight.
- reduce your risk of heart disease, stroke, and high blood pressure.
- prevent some types of cancer.
- get a wide range of vitamins and nutrients to promote a long and healthy life.

**What is one way eating fruits and vegetables keeps you healthy?**



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**How many fruits and vegetables does my family need each day?**

The key thing to remember is – More Matters! Aim for at least 5 a day.

The actual number each person needs depends on age, weight and gender.

- Most preschoolers need at least 1½ cups of veggies and 1½ cups of fruits.
- Most adults need at least 2½ cups of veggies and 2 cups of fruit.
- To find out more about fruits and vegetables and your needs visit [www.mypyramid.gov](http://www.mypyramid.gov).

**What kind of fruits and vegetables are best for my child?**

All of them are great! Offer your child fruits and veggies in a rainbow of colors. Each color contains different compounds that will give you energy and good health.

## Tips on Buying Fruits and Vegetables:

- To save money use fresh, canned, dried and frozen. (Frozen fruit works great in smoothies)
- Look for fresh fruits and vegetables that are in season. In-season produce is cheaper and since it is grown near by it is fresher too.

## 10 Tips to raise a fruit and veggie lover:

1. Set a good example. Make sure you eat plenty of fruits and vegetables.
2. Let your child help. Kids love to taste things they helped prepare.
3. At the store, ask your child to help you choose the ripest strawberries
4. At home, let your child tear lettuce, snap beans, or wash grapes.
5. Offer different kinds. Give your family fruits and veggies in a rainbow of colors.
6. Dip it! Try fruits and veggies with peanut butter, low-fat yogurt, melted cheese, or low-fat dressing.
7. Make it fast. Steam frozen veggies in the microwave for dinner.
8. Make it smooth. Blend different combinations of fruits or vegetables in your blender. Add a little low-fat milk or yogurt.
9. Make it easy. Put fruits and veggies in easy to reach, easy to see locations for easy snacking.
10. Repeat! Offer new items many times so kids can learn to love them.
11. Grow a garden. Show your child how fruits and vegetables grow. If you don't have much space, try growing potted tomatoes or herbs in your kitchen.
12. Teach your child. Talk to your child about fruits and vegetables. Look for games, books and TV or DVD programs that have messages about healthy eating to share with your child (like the *Adventures of Zobey*).



***A Trip to Bugland***  
**The Adventures of Zobey**  
**Take-home Class Survey SP-000-29**

Please watch the Zobey DVD, A Trip to Bugland, with your child before completing this form. Return the completed form to WIC at your next appointment. The Zobey DVD is yours to keep.

**Please answer the following questions about the take-home lesson.**

- 1. It is important for me to eat fruits and vegetables because \_\_\_\_\_  
\_\_\_\_\_
- 2. It is important for my child to eat fruits and vegetables because \_\_\_\_\_  
\_\_\_\_\_
- 3. One new tip I plan to try to help my child eat more fruits and vegetables is \_\_\_\_\_  
\_\_\_\_\_
- 4. Three fruits or vegetables I plan to serve during the next week are  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

**Please answer the following questions about your oldest child under age 5 who watched the Zobey DVD**

- 5. My child is \_\_\_\_\_ years \_\_\_\_\_ months.
- 6. My child watched the Trip to Bugland Zobey DVD:  
\_\_0 times    \_\_1 time    \_\_2 times    \_\_3 times    \_\_4 times    \_\_5–9 times    \_\_10+ times

7. Did your child start asking for any of the fruits and vegetables shown in the video more often after watching Zobey?  
 Yes     No. If yes, which ones? \_\_\_\_\_  
\_\_\_\_\_

8. Did you look at any of the bonus features (Nutrition tips or recipes) on the DVD?  
 Yes     No If yes, which ones did you find helpful? \_\_\_\_\_  
\_\_\_\_\_

9. Compared to other children’s programs, circle the number of stars you and your child would give the Zobey program. (1 star being not good and 4 being great.)



10. What else would you like to tell us about the Zobey take-home class or the Zobey DVD?  
\_\_\_\_\_  
\_\_\_\_\_